

**Foundation I Block - Duration: 4 weeks**

**Total Body/Legs (Tues/Fri)** – All exercises on a 1 : 1 work/rest ratio - *Follow exercises either Top-Bottom or Bottom-Top (don't mix)*

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>NOTES</b>
<b>Warm Up to Swim</b>					Choose a Warm Up to Swim activity
<b>Squat Jump</b>	3 x 6	3 x 6	3 x 6	3 x 6	<i>Slow squat on 3 count, explosive jump, soft landing</i>
<b>Push Ups</b>	1 x [3x Max]	2 x [3x Max]	3 x [3x Max]	4 x [3x Max]	Max reps in Diamond – Shoulder width – wide positions 30sec rest between
<b>Russian Twists</b>	2 x 20	3 x 20	4 x 20	5 x 20	Hold a medicine ball or substitute with feet elevated
<b>Body Weight Squat</b>	2 x 20	3 x 20	4 x 20	5 x 20	Aim for technique and tempo.
<b>BW Lunge</b>	2 x 20	3 x 20	4 x 20	5 x 20	Weight in heels. Wiggle the toes at bottom of squat and lunge.
<b>BW Step-up</b>	2 x 20	3 x 20	4 x 20	5 x 20	Use an stable but elevated surface. Movement should be a continuous rhythm. Full leg extension at top
<b>Partner/Wall Handstands</b>	x2	x3	x4	x5	Use a partner or the wall for hand stands. Concentrate on alignment and tight core
<b>Front Plank</b>	1 x max	2 x max	3 x max	4 x max	Hold a front plank for as long as possible. Hips down. Weight into elbows. Shoulder blades in. Bottom down. Suck belly button back to spine